



# ONE-POT VEGAN COCONUT CURRY SOUP

with Chickpeas, Cauliflower & Toast

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Onion



2 | 4  
Scallions



2 Cloves | 4 Cloves  
Garlic



10 oz | 20 oz  
Cauliflower Florets



1 TBSP | 2 TBSP  
Curry Powder



1 tsp | 2 tsp  
Cumin



1 | 2  
Tomato Paste



1 tsp | 1 tsp  
Garam Masala



1 | 2  
Coconut Milk  
Contains: Tree Nuts



1 | 2  
Chickpeas



2 | 4  
Veggie Stock  
Concentrates



1 | 2  
Ciabatta  
Contains: Soy, Wheat



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HELLO

### COCONUT MILK

Subtly sweet with a rich texture—ideal for  
creamy vegan soups

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 730



## SHALL WE TOAST?

Toasting spices in a hot pan, like you do in Step 2, releases their oils and is essential in Indian cuisine.

It doesn't take long, so keep a watchful eye while you stir them so they don't burn.

## BUST OUT

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)

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### 1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion**. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Cut **cauliflower** into bite-size pieces.



### 3 FINISH SOUP

- Thoroughly shake **coconut milk** in container before opening.
- To pot with veggies, add coconut milk, **cauliflower**, **chickpeas and their liquid**, **stock concentrates**, **1 cup water** (2 cups for 4 servings), and a **big pinch of salt** (we used 1 tsp; 2 tsp for 4). Stir to combine.
- Bring to a simmer, then cover and reduce heat to medium low. Cook until cauliflower is almost tender, 6 minutes. Uncover and cook until soup has thickened, 5-7 minutes more. **TIP: If your soup isn't thick enough, simmer until it reaches desired consistency. If your soup is too thick, add a few splashes of water.**
- Taste and season with **salt** and **pepper**.



### 2 START SOUP

- Heat a **drizzle of oil** in a medium pot (use a large pot for 4 servings) over medium heat. Add **onion** and a **pinch of salt and pepper**. Cook, stirring occasionally, until browned and softened, 3-4 minutes. **(TIP: Add a splash of water if onion begins to brown too quickly.)** Add **scallion whites** and **garlic**; cook, stirring frequently, until fragrant, 1 minute.
- Add another **drizzle of oil**. Stir in **curry powder**, **cumin**, **tomato paste**, and **half the garam masala** (all for 4) until combined. Cook, stirring constantly, until fragrant, 30-60 seconds.



### 4 MAKE TOAST & SERVE

- Meanwhile, halve **ciabatta**. Drizzle cut sides with **olive oil** and sprinkle with **salt** and **pepper**. Toast until golden, then cut in half on a diagonal.
- Divide **soup** between bowls. Sprinkle with **scallion greens**. Serve with **toast** on the side.